



IC Memorandum 13-29

To: KEHP Insurance Coordinators (ICs)
From: Department of Employee Insurance (DEI)
Re: LivingWell Promise
Date: October 3, 2013

Based on questions and comments at benefit fairs and to our call centers, we want to clarify the LivingWell Promise requirements. Please share the following information with your members.

The LivingWell plans offer better benefits in the form of lower member coinsurance, lower deductibles, lower out-of-pocket maximums. Members who choose one of the KEHP LivingWell plans, are making a LivingWell Promise and only agree to:

- Complete the online HumanaVitality[®] Health Assessment between **January 1, 2014–May 1, 2014**
- Keep their contact information (i.e., mailing address, phone number, and email) current in KHRIS or, if a retiree, keep their contact information current with their retirement system

The HumanaVitality[®] Health Assessment is a series of questions about a person's health habits that takes approximately 15 minutes to complete. Go to KEHP.ky.gov to review a demonstration of the assessment or click [here](#).

After members take the HumanaVitality[®] Health Assessment, they will be provided with a Vitality Age and the opportunity to set goals for living a healthier lifestyle based on their responses.

Members are not required to meet any specific goals the HumanaVitality[®] Health Assessment results might recommend. The ONLY LivingWell Promise requirements are completion of the online HumanaVitality[®] Health Assessment between January 1, 2014–May 1, 2014 and keeping their contact information current.

KEHP insurance coverage will NOT be impacted by the responses to the health assessment.

